

Hedy McAdams
“Jole Blon”

A 48-count, 2-wall, advanced, waltz line dance

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www.DanceAdventures.com ~ This step sheet's update: **April 2013** ~ If you are reading hard copy, please check
website for subsequent updates.

Music/tempo: Recommended: “BUCK 'S NOUVELLE JOLE BLON,” by Buckwheat Zydeco, 116 bpm, 48-count lead (The
Big Easy Soundtrack or “100% Fortified Zydeco”
Recommended: “YOU USED TO CALL ME,” by The Zydeco Flames, 120 bpm, 48-count lead (“Smokin’ at the Plant” CD)
Teaching: “HIT COUNTRY SONG,” by Little Texas, 104 bpm, 24-count lead (“Kick a Little” CD)

**A FORW – TOG – FORW
FORW – TOG – FORW**

Original wall = 12:00, begin with weight left (L)

- 1 (long) Step R forward, angling
body left (lead with R hip)
- 2 Step L beside R (maintain angle)
- 3 Step R forward (toward 12:00)
- 4 (long) Step L forward, angling
body right (lead with L hip)
- 5 Step R beside L (maintain angle)
- 6 Step L forward (toward 12:00)

**B TURN – SWAY – SWAY
TURN – FORW – FORW**

Facing 12:00, weight is L

- 1 Step R forward, turn ¼ left [9:00]
and roll R hip to right
- 2 Shift weight L and roll L hip left
- 3 Shift weight R & roll R hip right
- 4 Turn body ¼ left [6:00] and (short)
step L forward
- 5 (short) Step ball of R forward
- 6 (short) Step ball of L forward

**C FORW – TURN – TURN
CROSS – TURN – TOG**

Facing 6:00, weight is L

- 1 Step R forward (R toe out)
- 2 Step forward on ball of L and
spin ½ turn right [12:00]
- 3 Turn body ¼ right [3:00] and step R
to right (and slightly back)
- 4 Cross L over R
- 5 Step R to right and turn ¼ left
[12:00]
- 6 Step L beside R

**D TURN – SWAY – SWAY
TURN – SLIDE – TURN**

Facing 12:00 wall, weight is L.

- 1 Step R forward and turn ¼ left
[9:00] & roll R hip to right
- 2 Shift weight L & roll L hip left
- 3 Shift weight R (begin ¼ turn left)
and roll R hip to right
- 4 Complete ¼ left [6:00] and step L
forward (slightly)
- 5 Slide-step R forward on diagonal
right (begin ¼ turn left)
- 6 Turn ¼ left [3:00] and step L back

(Serpentine moving back)

**E FORW – TURN – DIAG
CROSS – DIAG – BACK**

Facing 3:00, weight is L

- 1 Step R forward and slightly left
(R foot will be ahead of L)
- 2 Step L to left and turn ¼ right
[6:00]
- 3 Step R back at a diagonal right
- 4 Cross L over R
- 5 Step R back at a diagonal right
- 6 Step L back

**F CROSS – SWAY – SWAY
TURN – FORW – TURN**

Facing 6:00, weight is L.

- 1 Cross R over L
- 2 Slide-step L to left and roll L hip
left
- 3 Roll R hip right (begin ¼ turn left)
- 4 Complete ¼ left [3:00] and step L
forward (slightly)
- 5 Slide-step R forward on a diag right
(angling to begin ¼ left)
- 6 Turn ¼ left [12:00] and step L
back

**G CROSS – TURN – SIDE
CROSS – SIDE – TURN**

Facing 12:00, weight is L.

- 1 Cross R over L
- 2 Turn body ¼ right [3:00] and step
L back
- 3 Step R to right (and slightly back)
- 4 Cross L over R
- 5 Turn body ¼ left [12:00] and step
R back
- 6 Step L beside R

**H FORW – LEFT – TOG
FORW – TURN – TOG**

You should be facing 12:00 wall, now, and
your weight is L.

- 1 Step R forward
- 2 Step L to left
- 3 Step R beside L
- 4 Step L forward [L toes turned out]
- 5 Step R forward and turn ½ left
[6:00]
- 6 Step L beside R

BEGIN AGAIN!

(Reset “clock” to 12:00 facing back wall)

Cajun/Zydeco Styling:

I’ve observed at C/Z venues that dancers, both
genders, keep legs slightly apart (less than
shoulder width) throughout waltzes.

Therefore, when step sheet calls for “together”
or “beside” keep your legs a minimum of 6”
apart. “Hope that you have fun with this!”

~ hm